

**DEPARTMENT OF THE NAVY
NAVAL AIR SYSTEMS COMMAND
PATUXENT RIVER, MARYLAND 20670-1139**



**PLAN OF THE WEEK
09 MAY 01 – 15 MAY 01**

**ALL ORDERS, INSTRUCTIONS AND ITEMS OF PERTINENT INTEREST SET FORTH HEREIN
WILL BE ANNOUNCED AT DEPARTMENT/DIVISION MEETINGS. ALL HANDS ARE RESPONSIBLE FOR READING
THE PLAN OF THE WEEK AND OBEYING APPLICABLE ORDERS.**

**COMMANDER:
VICE COMMANDER:
COMMAND MASTER CHIEF:
COMMAND CAREER COUNSELOR:
DRUG AND ALCOHOL ADVISOR:
OMBUDSMAN:
SECURITY MANAGER(ACTING):
COMMAND MANAGED EQUAL OPPORTUNITY OFFICER:
NAVAIR AFTER HOURS LINE:
NAVAIR INSPECTOR GENERAL HOTLINE:
NAVY FRAUD, WASTE, AND ABUSE HOTLINE:
NAVY SEXUAL HARASSMENT ADVICE LINE:
NAS PATUXENT RIVER, FRAUD, WASTE AND ABUSE HOTLINE:
NAVAIR MILITARY SUPPORT SERVICES WEB SITE:
BUPERS HOME PAGE:**

**VADM J. W. DYER
RADM J. A. COOK
CNOMC(AW) J. CONNOR, 7-7985
AE1 MURACH, 7-7842
PNC(SW) DUMAIS, 2-3544
MRS. REBECCA CONNOR, (301) 863-1827
MR. J. CODY, 7-2930
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(301) 757-1168
1-800-522-2451
1-800-253-0931
(301) 342-7519
NEW SITE UNDER CONSTRUCTION
WWW.BUPERS.NAVY.MIL**

CARRY OUT DAILY ROUTINE WITH THE FOLLOWING ADDITIONS AND/OR DELETIONS

MILITARY SPOUSE APPRECIATION DAY: This year's Military Spouse Appreciation day is 11 May 2001. Every day through their love of family, Navy and country, they bring value to what we do in the Navy. Navy spouses exemplify our core values of honor, courage, and commitment in all they do to support the fleet. They suffer loneliness when their loved ones are deployed to distant lands, all the time shouldering full responsibility for maintaining a household and taking care of other family members. They pursue continuing education, volunteer to serve the communities in which they live, and provide support to other Navy families. Without question, Navy spouses contribute greatly to quality of service and our retention efforts, ultimately impacting Navy mission readiness.

MEDAL OF HONOR: In the month of May we would like to recognize Medal of Honor recipients. The President, in the name of Congress, has awarded more than 3,400 Medals of Honor to our nation's bravest Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen since the decoration's creation in 1861. This week we honor Paymaster's Steward (PMS) Michael Aheam, U.S. Navy. He was awarded the Medal of Honor on 31 December 1864 with the following citation: Served on board the U.S.S. KEARSARGE when she destroyed the ALABAMA off Cherbourg, France, 19 June 1864. Carrying out his duties courageously, PMS Aheam exhibited marked coolness and good conduct and was highly recommended by his divisional officer for gallantry under enemy fire.

NAVY COLLEGE OFFICE FAIR: The annual Navy College Office College Fair will be on held on Thursday, June 7th, 2001, from 10:00 a.m. until 1:00 p.m. in Building 2189, Room 120. This will be a great opportunity for you to meet with representatives from local colleges and universities (both on base and off base schools). Stop by the fair and obtain degree information, specific course information, enrollment procedures, and learn about all of the different educational opportunities you have at your local colleges. The following schools will be participating: Bowie State University, Central Michigan University, College of Southern Maryland, College of Notre Dame of Maryland, Embry-Riddle Aeronautical University, Florida Institute of Technology, George Washington University, Johns Hopkins University, St. Mary's College of Maryland, Towson University, University of Maryland College Park, and University of Maryland University College.

NAVAL UNIFORM APPEARANCE: Navy personnel must present a proud and professional appearance that will reflect positively on the individual, the Navy and the United States. While in uniform, it is inappropriate and detracts from military smartness for personnel to have their hands in their pockets. Additionally, when walking from point to point while in uniform, it is inappropriate and detracts from military smartness for personnel to be smoking or using tobacco products, or to be eating and/or drinking. All personnel shall

comply with these regulations and be available to teach others the correct wear of Navy uniforms. Further information can be found in the Uniform Regulations.

NATIONAL SAFE BOATING WEEK- MAY 19-25, 2001: The theme for National Safe Boating Week 2001 is "Boat smart from the start. Wear your life jacket." The National Safe Boating Council reports that each year between 700 and 800 people die in boating-related mishaps. Nine out of ten victims were not wearing a life jacket. From FY 96-00 17 sailors and two marines died as a result of recreational boating mishaps. The 19 deaths included six from capsizing, five from falls overboard, five struck by boats; two who hit their heads on the bottom when they fell into shallow water, and one from lightning strike. Eleven of the victims drowned. None were wearing Personal Flotation Devices (PFD). Boating is so dangerous you can't take anything for granted. The old maxim "if something can go wrong, it will" applies for those who don't observe basic precautions. Want to make a difference? Be proactive. Use the risk management process to prevent boating mishaps. Here's how:

- (a) Identify hazards - The biggest are: inexperience, overloading, life jackets stowed or not worn, alcohol and extreme weather.
- (b) Assess risks - Concentrate on the critical ones - those that are likely to cause death. They're the ones whose potential for serious harm is so great immediate action is required.
- (c) Make risk decisions - Identify controls for the most serious ones first. This might include delaying your fishing trip because of changing weather, choosing a larger rental boat, taking fewer passengers, and wearing your PFD. Accept risks only when benefits outweigh the cost.
- (d) Implement controls - Take a small boat safety course. Carry no more than the number of passengers the boat's maximum capacity allows. Keep throw-able life jackets within reach and require passengers to wear them. Don't drink alcoholic beverages before or during the outing and monitor weather conditions. Contact the National Safe Boating Council at (740) 666-3009 or visit their web site at www.safeboatingcampaign.com for other safety controls.
- (e) Supervise (evaluate) - Monitor effectiveness of controls and watch for changes. The risk management process is everyone's responsibility. Do your part. Be a lifesaver. Wear a life jacket. It floats, you don't.

STERIODS, HEMP SEED PRODUCTS OFF-LIMITS TO SAILORS: Sailors should be cautious about taking health products containing hemp seed or using steroids. To attract customers, manufacturers of hemp seed oil products, such as Spectrum Essentials, Nutiva, Hempola and Manitoba Harvest, market hemp byproducts as good sources of fatty acids and proteins, both important to good health. Even though hemp seeds do not themselves contain tetrahydrocannabinol, or THC, the psychoactive ingredient in marijuana, the seeds may become contaminated with THC through contact with the stems and leaves during processing. Laboratory testing cannot distinguish between hemp seed oil products and marijuana. Thus, if sailors ingest hemp seed oil or uses anabolic steroids, it is possible that the urine will test positive for THC or steroids, and it would become the subject of a criminal investigation and possible disciplinary action. " Also, steroids are illegal to use unless prescribed by a licensed physician. Wrongful use of steroids is punishable under Article 112a of the UCMJ. Base exchanges do not stock any nutritional products containing prohibited substances. The best course of action is to always consult with the health and wellness center and a physician before using any dietary and nutritional supplements.

DON'T LET ECSTASY BE YOUR AGONY: In the Navy, a lack of situational awareness can be deadly. Some over-the-counter medicines (cough medicines, painkillers) can decrease the edge military personnel need to tread the line between life and death. A drowsy hull technician working on a metal press could have a finger or two crushed. A boatswain's mate on a ship's forecandle might not be paying attention to the color of the anchor chain paying out of the locker, or turn the friction brake in the wrong direction, with disastrous results. You get the idea. If an over-the-counter medication could perhaps lead to these kinds of situations, imagine what a mind-altering drug like ecstasy could lead to. Ecstasy is a synthetic amphetamine drug, related chemically to methamphetamine compounds. It's also known by the street names "E," "X," and "XTC." It is often referred to as a "club drug" because it has been sold in nightclubs and rave parties. It's misperceived as a "safe drug" without the side effects of other rave drugs such as LSD, methamphetamines, heroin or PCP. Ecstasy comes in pill form, about the size of an aspirin, or may occur as a capsule or sold as a powder. Immediate effects include a sense of euphoria, energy and altered sensory perception. Then there are the side effects. Current medical literature lists depression and panic disorders as some of the long-term effects. Acute short-term effects include water loss from sweating, high body temperature and loss of motor skills and judgment. But drinking large amounts of water isn't a solution to the water loss problem caused by ecstasy abuse. A large intake of water to replace water loss from sweating and a higher body temperature can lead to a salt imbalance, and a trip to the emergency room. This is a huge risk to one's health and safety for a drug "high." No one in the Navy would trust their lives to somebody who wasn't at 100 percent efficiency because of some party drug. Everyone's job is too important to be compromised by drug abuse. When it comes to safety, staying away from ecstasy is a no-brainer. The Department of Defense has been testing for "designer amphetamines" since 1997, and every sample that passes through the military testing laboratories gets screened for these types of drugs. More than 400 Navy and Marine Corps personnel were identified for ecstasy abuse in FY00. The Navy and Marine Corps team has a "zero tolerance" policy for illegal drug use, and that includes ecstasy. Don't let it turn into your agony. If you're doing it, stop. If someone else is doing it, report the individual. Don't risk detection, punishment, or discharge under dishonorable or other than honorable conditions. But don't just avoid it for those reasons, think of yourself and your shipmates. It's a matter of safety...their lives could be in your hands.

JAG NOTE: The Federal Trade Commission (FTC) has identified 10 targeted scams called "Operation Top Ten Dot Cons". Con artists who use high-tech to peddle traditional scams online have been branded with a new name... "dot cons." The FTC, after a busy year working with internet enforcement, recently announced 251 law enforcement actions against online scammers in "Operation Top Ten Dot Cons." Here is an excerpt of ten targeted scams and what they involve:

- (1) Internet Auctions - After sending your money, you may receive an item that is less valuable than promised, or nothing at all.
- (2) Internet Access Services - You may be "trapped" into a long-term contract for Internet access, with big penalties for early cancellation.
- (3) Web Cramming - You receive an invoice or charge on your phone bill for services you never accepted or agreed to.
- (4) Travel and Vacation Fraud - Fraudulent companies lie about their travel packages or hit you with hidden charges.
- (5) Investment Schemes and Get-Rich-Quick Scams - You may lose money using programs or services that claim to predict the market with 100% accuracy.
- (6) International Modem Dialing - Unbeknownst to you, your modem is connected, then reconnected through an international long-distance telephone number.
- (7) Credit Card Fraud - Fraudulent promoters ask for your credit card number for age verification, then run up charges on your card.
- (8) Multi-level Marketing (MLM) and Pyramid Scams - You buy into an MLM plan and find your only customers are other distributors, not the public.
- (9) Business Opportunities and Work-At-Home Scams - Con artists promise you big earnings, but can't back them up.
- (10) Health Care Products and Services - Promoters offer "miracle cures" for your health problems.

MAY BIRTH MONTH RECALL: If your birth month is May, please report to medical records Monday-Wednesday, or Friday to do a health record screening. Recalls are not performed on Thursdays because certain shots can't be given that day. Your record will be reviewed for a current physical, immunizations, and certain labs. Any questions, contact HM1(FMF) Shiplett at 342-2757 or HM2 Gough at 342-2756.

FLEET AND FAMILY SUPPORT CENTER UPCOMING SEMINARS/WORKSHOPS. The seminars/workshops are open to active duty, retired military personnel and their family members, and DOD Civil Service employees and their spouses. There is no charge; however, reservations are necessary, as seating is limited. Also, FFSC will bring professional/general development training to your organization that meets your needs, whenever you need them. Please call FFSC at 342-4911 for reservations or for more information. For further information see the monthly newsletter. **Child Care: Reimbursement for E-1 through E-5 is available for workshops. Parents must pick up the necessary paperwork prior to the event.**

Retired Activities - Monday-Friday, 1515-1700
Play Group(Outside) May 10, 17, 24, 31, 1130-1230
1-2-3-4- Parents – May 15, 1800-2000
A Group for Today's Men – May 15, 22, 29, 1300-1400
Personal Power – May 16 (Consecutive WED) 0900-1100
Are We There Yet – May 18, 0900-1000
Humor, Risk, and Change – May 22 – 0900-1100
Love Shouldn't Hurt – May 23, 0900-1500
Basic Budgeting – May 23, 0900-1000
Federal Job Application – May 24, 0900-1100
Budgeting for Baby – May 30, 1000-1200

Stress Management – May 10, 1000-1100
Parental Series – May 15, 1400-1500
Pax 101 – May 15, 0900-1200
Welcome to Pax – May 16, 1300-1600
Anger Management – May 16, 23, 1400-1500
Cholesterol Watch – May 21, 1330-1500
Amazing Newborns – May 22, 1000-1200
Mini Job Fair – May 23, 1100-1300
Decision Making – May 23, 1500-1630
Mortgage Financing Explained – May 24, 1500-1700

S. L. CAMERON
Director, Military Support Services (Acting)